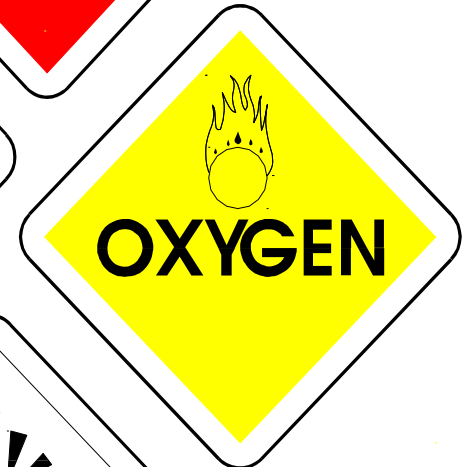


# PERSONAL HEALTH AND HAZARDOUS MATERIALS



# **OBJECTIVE**

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At the completion of this lesson you (the student) will be able to demonstrate the knowledge required to recognize applicable personal health and hazardous materials rules by correctly answering a minimum of 70% of the questions asked.



## **GET ENOUGH SLEEP**

- Do not leave on a mission tired
- Get 7-8 hours sleep every 24 hours

## **SCHEDULE TRIPS SAFELY:**

- The body adjusts to sleeping during certain hours
- Many accidents occur midnight to 6 AM.
- Pushing on to finish a trip is dangerous



## **AVOID MEDICATION**

- Many medicines can make you sleepy
- Read warning label
- Most common is ordinary cold pill

## **KEEP COOL**

- Hot, poorly ventilated cab can make you sleepy
- Keep window or vent cracked or use the air co

## **TAKE PILLS:**

- Short breaks keep you alert
- Take BEFORE drowsy
- Stop often



## **STAYING ALERT AND FIT TO DRIVE**

### **WHEN YOU DO BECOME SLEEPY:**

- To “push on” is dangerous; major cause of fatalities
- Stop to sleep; sleep is the only thing that works
- Stop at first signs of sleepiness
- Take a nap



## Staying Alert and Fit to Drive

### **AVOID DRUGS**

- No Drugs can overcome being tired
- They keep you awake, but not alert

### **ALCOHOL AND DRIVING**

- Over 20,000 deaths are alcohol related
- The TRUTH about alcohol
  - 1 - Alcohol is a drug
  - 2 - Everyone is affected
  - 3 - Food will not keep you sober
  - 4 - Only time sobers up a drinker
  - 5 - Beer is not different from whiskey or w

# PERSONAL HEALTH AND HAZARDOUS MATERIALS RULES



## WHAT IS A DRINK?

- Alcohol in drinks affects human performance
- Following contains same amount of alcohol
  - 1 - One 12 ounce glass of 5% beer
  - 2 - One 5 ounce glass of 12% wine
  - 3 - One 1-1/2 ounce shot of 80 proof alcohol

## HOW ALCOHOL WORKS

- Stomach to bloodstream
- Measured by Blood Alcohol Concentration (BAC)

## WHAT DETERMINES BAC

- Amount, time, and body weight



## **Staying Alert and Fit to Drive**

### **ALCOHOL AND THE BRAIN**

- Affects more as the BAC builds up
- Controls Judgment and self-control

### **HOW ALCOHOL AFFECTS DRIVING**

- Judgment, vision, coordination, reaction time
- Results while driving:

- 1 - Too fast/slow
- 2 - In the wrong lane
- 3 - Running over curbs
- 4 - Weaving or straddling lane
- 5 - Quick or jerky starts
- 6 - No signaling or using lights
- 7 - Running stop signs and red lights
- 8 - Improper passing





## **Staying Alert and Fit to Drive**

### **OTHER DRUGS:**

- Laws prohibit possession/ use of many drugs on
- Read warning labels of legitimate drugs/ medicine
- Do not use drugs that hide fatigue
- Use of drugs that can lead to traffic accidents

### **ILLNESS:**

- If you cannot operate a vehicle safely, DO NOT



## **What are Hazardous Materials?**

### **✧ Materials that pose a risk to:**

- Health
- Safety
- Property during Transportation

### **✧ Intent of Hazardous materials rules:**

- Contain the product
- Communicate the risk
- Ensure safe drivers and equipment



## Why are there Rules?

### **TO CONTAIN THE PRODUCT:**

Protects the driver and others from contact

### **TO COMMUNICATE THE RISK:**

The Shipper uses shipping paper and package labels to warn of risk.



## 22 Hazard Classes

Blasting agent

Combustible liquid

Corrosives

Etiologic agents

Explosives A, B, C

Flammable gas, liquid, solid

Irritating materials

Nonflammable gas

Organic peroxide

ORM - A, B, C, D, E

Oxidizer

Poison A, B

Radioactive materials

# Personal Health and Hazardous Materials Rules

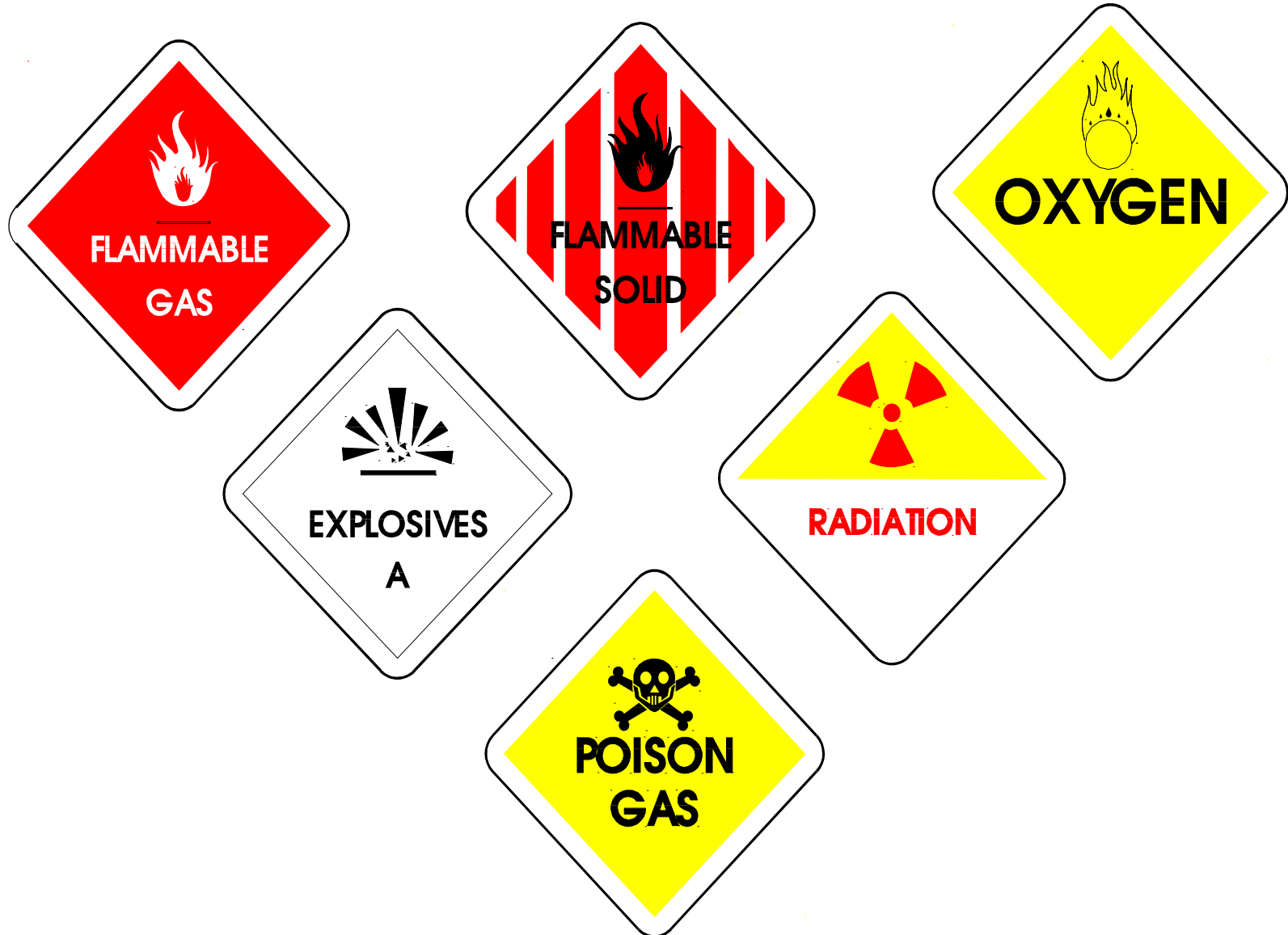


## Why are there Rules? continued

- Shippers write hazard class on shipping paper.
- The driver must keep the shipping papers:
  - In a pouch on driver's door.
  - In clear view within reach, or
  - On the driver's seat.
- Drivers must use placards to warn of hazardous materials.
- Not all vehicles carrying hazardous materials require placards.
- Drivers needing hazardous materials endorsement must learn placard rules.

# Personal Health and Hazardous Materials Rules

## Examples of Hazardous Materials Placards



# Personal Health and Hazardous Materials Rule



Hazardous materials identification numbers may be displayed on placards or orange panels





## Example of a Labeled Package





# Summary

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- ☞ Driver's Rest and Recovery
- ☞ Medications/ Drugs
- ☞ Risk of Hazardous Materials
- ☞ Why are there Rules to go by?
- ☞ Hazard Classes
- ☞ Hazardous Materials Placards